

BEDFORD RECREATION WINTER BROCHURE 2013

BEDFORD RECREATION DEPARTMENT
12 MUDGE WAY
BEDFORD MA 01730

Office located in Town Center Building

Hours: Monday - Friday, 9:00 AM - 4:00 PM

Phone: 781-275-1392

Fax: 781-687-6156

www.bedfordrecreation.org

Please note online registration opens @midnight



PROGRAMS FOR ALL AGES!

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REGISTRATION INFORMATION

PLEASE NOTE: Online registration opens at midnight

Unless otherwise specified, Recreation Registration Procedure is as follows:

***MAIL** (check payable to "Town of Bedford," MC or VISA #)

***FAX** (W/MC OR VISA #)

***DROP-OFF**

***REGISTER ONLINE.**

All registration is limited. Please use forms in this brochure. Receipts will be mailed.

Wait list status will be indicated on the receipts if the session you choose is full.

Classes will NOT be prorated.

TO REGISTER ONLINE

www.bedfordrecreation.org, to "Register Online" link.

Pay with a credit card and receive an instant e-mail confirmation of enrollment (must be paid in full; deposits not accepted online). Write down your customer number for future online transactions.

Call us if you forget it next time!

NOTE to 1st time users: account holder must be an adult, do not set up acct. using child's name and info. Make sure to input first/last name in correct location. You may register multiple children for multiple programs all in one transaction.

NON-RESIDENT REGISTRATION

Unless otherwise noted, there is a \$5/program non-resident fee.

REFUND/CANCELLATION PROCEDURES

1. Cancellation fee: \$10 for each program canceled before the first class. After the first class, we will also deduct for each class held. There is no refund given after the 3rd class.
2. Special Events/Activities and Field Trips: no refunds
3. Classes that are not self-supporting (due to low enrollment) will be canceled.
4. These refund policies do not apply to programs for which other refund policies are stated.

DEPARTMENT GENERAL INFORMATION

1. Recreation Office hours Monday-Friday 9-4.
2. Recorded message or website will be used for cancellations.
3. Children must be picked up on time after all activities.
4. The Recreation Department attempts to meet the needs of all residents. Those requiring special assistance should contact the Recreation Director.
5. Classes will not be held during vacation weeks unless otherwise specified.
6. On school early release days, classes held at regular times unless otherwise noted. Parents are responsible for transportation.
7. If Bedford Schools are closed due to weather, Rec. programs will be canceled.
8. Financial aid may be available upon request.
9. \$25 penalty fee for all returned checks (Finance Dep't policy)
10. Transportation to Rec. programs, when provided, will be by Bedford Charter Service, unless otherwise noted.

KIDS' CLUB JOIN THE FUN!!!!



Bedford Recreation KIDS' CLUB is a school age child care program licensed by the Massachusetts Office of Early Education and Care. During the school year, KC offers before school, after school, and school vacation options for children in grades K—5. In addition there is also a Monday K program from 9:00 AM - 3:15 PM. Transportation is provided to school (Before School Program) and from school (After School Program) by Bedford Charter.

Housed in the Brick Wing of the Town Center Building (beside the Recreation Office), KIDS' CLUB is a great place for kids to spend time when not in school. Children enjoy selecting activities from a variety of structured and unstructured options both inside and outdoors. KIDS' CLUB staff members incorporate learning in fun and relevant activities, keeping in mind the developmental needs of the children and the Massachusetts Frameworks for Education.

For more information regarding programming, fees and registration:

Nancy Cormier, KIDS' CLUB Director

Kate Farrell, Department Assistant

781-275-5427, kidsclub@bedfordma.gov

www.bedfordrecreation.org (follow the KIDS' CLUB link)

INFORMATION

DISCOUNT MOVIE TICKETS

Why pay full price at the box office? Tickets purchased at Bedford Rec. cost \$7.00 (regular price \$10.50). Tickets are valid after the first two weeks of a new release. They do not expire and can be used at all AMC/Lowes Theaters including the Burlington Theater.



GIFT IDEA!

Recreation programs and events make great gifts. Buy someone a unique, thoughtful gift this season...purchase a Bedford Recreation program or event! We will provide a certificate to present to the recipient



You may also stay in the loop by "liking" us on Facebook

INFORMATION & SPECIAL EVENTS

SUMMER CONCERT SUBMISSIONS



The Bedford Recreation Department will be auditioning bands for the Bedford Summer Concert Series via demo tape/cd/internet. The concerts are held Thursdays in July from 7:00 p.m. – 9:00 p.m. If you are a band or musical group and would like to be considered, please forward a demo tape, CD, or web link to the Bedford Recreation Dep't, 12 Mudge Way, Bedford MA 01730. Please include the name of the band, contact person (name, address, phone, e-mail), number of persons in band and **cost of performance.**

All demos and required information must be submitted prior to January 18, 2013. All applicants will be notified by mail or e-mail by February 28, 2013. **No phone calls, please**

HAVE AN IDEA OR A REQUEST??

We would like to know...

In our effort to expand our Recreation offerings and family programs, we welcome ideas, contacts and instructors. If there is a program/class that you would like to see offered or that you would like to teach, please contact us with your idea, request or contact information.

Adult Program Contact Raeann Gembis: 781-275-1392 ext. 355
rgembis@bedfordma.gov

Assistant Recreation Director: Nick Cacciolfi,
nick@bedfordma.gov

SIGN UP FOR RECREATION E-NEWS!

- ◆ Information about new programs
- ◆ Information about registration
- ◆ Important news from the Recreation Department

If you would like to be kept apprised of happenings at the Recreation Department, please enroll today. Your e-mail address will not be shared nor will it be used for any purpose other than Recreation E-NEWS.

To enroll, add "E-NEWS" to your registration form, enroll online at www.bedfordrecreation.org (this is listed in the "Special Events" category), or call the Recreation office at 781-275-1392. *Please only register once for e-news!*

BEDFORD COMMUNITY CHORUS

See the Adult Program Arts/ Music Section for full information (ages 12 thru adult)

DISNEY ON ICE: Rockin' Ever After

Sunday, February 17, 5:00pm show, Boston Garden

Get ready to rock out with some of the most magical idols of all in a musical showcase that features the hottest tunes and talent from across the kingdom as a group of royal contenders from the latest film *Brave* compete to win the heart of head-strong, sharp shooting Merida. A spectacular musical display! Limited tickets available

Tickets: \$33 each (Center Loge 1, rows 5 -6) or \$24 each (End Loge 8, row 5-6) *(Pls note: transportation NOT included)*

Tickets available for purchase until January 9. Tickets available for pick up in the Recreation office February 11 - 14, 9:00 to 4:00.

WHAT'S IT WORTH? Appraisal Event

w/ Michael March

Blackwood/March Fine Art and Antique Auctioneers Saturday, February 2, 10:00am to 1:00pm

Bedford High School Cafeteria

Come find out if your family heirlooms are priceless antiques or insignificant dust collectors. Diverse fine art and antiques will be appraised. As an estate auctioneer, Michael March specializes in the appraisal of American paintings and prints, silver, nautical antiques, Asian antiques, art pottery, porcelain, Oriental carpets, quilts, textiles, glass, china, and diverse accessories. Small furniture items allowed, larger pieces you may bring a picture (please no books, jewelry, stamps or coins)

Fee: \$5.00 per item appraised. Payable that day by cash or check only payable to "Town of Bedford."



SUMMER RECREATION PROGRAMS (INCLUDING SUMMER ADVENTURES and SPRINGS BROOK PARK)

Registration for Summer Recreation programs will open in early March. Please watch for our combined Spring/Summer Activities Brochure!

The dates for this year's Summer Adventures and Springs Brook Park Swim Lessons are:

July 1 – July 12, July 15 – 26, July 29 – Aug. 9

BEDFORD COMMON

TREE LIGHTING



MONDAY, DECEMBER 10, 2012

Join family and friends as we gather together for one of Bedford's traditions, the annual Tree Lighting.

At 6:15, Children's Librarian Sharon McDonald will delight the children with stories and songs of the season. Join Sharon for this excitement in the First Parish Church on the Common.



At 6:45, gather on the Town Common in preparation of the grand countdown to 7:00 p.m. Citizen of the Year, Bobbie Ennis, will do the honor of turning on the lights when the chant reaches "one."

Once the Common is aglow, a special visitor from the North Pole will arrive atop a shiny red fire engine with candy cane treats and wishes for a very special holiday season.



As the evening winds down and everyone heads home, the holiday lights will continue to shine into the New Year.

ADULT PROGRAMS

ADULT CLASS INFORMATION

Information such as the directions to an offsite activity or material lists can be found on our website. You may also pick up any of this information at the Recreation Dept. office.

INSTRUCTOR BIOGRAPHIES

Follow link to Instructor Biographies to learn more about the people teaching our classes.

Website: www.bedfordrecreation.org

SPECIAL GIFT IDEA!

Adult classes and programs make great gifts for the holidays and special occasions. Buy someone a unique, thoughtful gift this season... purchase a Bedford Recreation class or event perfectly suited for that special someone. We will provide a certificate to present to the gift recipient upon request.

PERSONAL INTEREST CLASSES & WORKSHOPS

KNIFE AND PREPARATION SKILLS

w/ chef Lars Liebisch

Do you want to chop and dice like the chefs on TV? Join Chef Lars Liebisch and learn more about the most important tools in your kitchen: knives. Watch demonstrations, learn how to chop and dice, and practice your skills on different fruits and vegetables. You will also learn how to slice chicken and meat to make delicious dishes. You are free to bring a chef's knife that you already own, but please do not buy a knife just for the class. Knives will be provided. Bring an apron. (min 6/ max 12)
Mon. 2/4 & 2/11, 6:00-9:00pm (2wks) **Fee: \$100**
(includes a \$34 material fee) Class held in Town Center Bldg, Shawsheen Rm. 118.

H-MART TOUR

w/ Dawn Mostow Gould

H-Mart in Burlington has opened up exciting new possibilities for your kitchen – if only you could read the labels! From soba to seaweed, miso to mackerel, this tour will lead you through each department, focusing mainly on Japanese cuisine. Healthy recipes will be provided, so you can shop immediately for everything you need to introduce Asian food to your home. (min 3/ max 6)

Tues. Feb. 5, 7:00-8:30pm (meet in the entry lobby) **Fee: \$25**

A HIGH TEA

w/ Jeannette Pothier, Chef

Afternoon tea, as served in England and dating back centuries broke the long wait between breakfast and dinner. Today it can be the perfect setting for the Showers, Graduation, Mother's Day, etc... Learn the history of an English tea; make scones, tea sandwiches and shortbreads and sweets (and let's not forget flavored butters, jams and jellies!). This will be served on china with pots of delightful teas. Join us for a lovely evening!

Thurs. March 21, 7:00-9:00pm (min 4/max 10) **Fee: \$23**

Material cost will be \$8-\$10 please pay instructor that night.

Class held in Town Center Bldg, Rm 149.

SIX INTRIGUING MUSEUMS w/Mary Hurley

Visit 6 "out of the way" museums in our area. We carpool and meet for a docent-led tour of an intriguing variety of historic, artist and educational venues. Discover where we live through museums and what they tell us about our place in history. Docent tours add a new dimension to the museum-going experience. After registering, email MaryHurley@comcast.net to receive a list of meeting places/directions. Museum admission is an additional fee each week.

Wed. 9:30-1:30, Begins Feb.13 (min 1/max 6) 6wks **Fee: \$75**

STOP DIETING!

w/ Susan Worthen McCombs, D.C.ed B.C.H

Spring is right around the corner. After one session of hypnosis using deep relaxation and creative visualization techniques, you will be aware of a change in your eating habits...What if you had a feeling of indifference to sugar, chocolate, bread, pasta, snacking, grazing!!!! Put an end to dieting tonight. This program is designed to help you let go of unwanted pounds effortlessly, easily. Your food choices will be healthier. (Please do not consume alcohol before this class) Audio CD available for \$30 for those who wish to take this program home for reinforcement.

Wed. March 13, 7:00-8:30pm (min 5/max 20)

Fee: \$25

Class held in Town Center Bldg, Rm 144.

HEARTSAVER CPR/AED (Adult and Pediatric)

w/ Anita Anzuoni

This class is designed for non-medical workers, child care providers, and members of the general public. It includes adult/child/infant techniques for CPR, choking and AED (automatic defibrillator). Skills are taught in a dynamic small group environment using American Heart Association research proven techniques and provides students with hands on CPR practice using the industry's best manikins. Participants will receive a course completion card certifying skills for 2 years. (age 16+)

Optional manual available at class: \$15 pay to instructor.

Saturday, Feb. 9, 9:00-12:00noon (min 5/max 8)

Fee: \$40

Class held at Bedford High School Cafeteria.

FACEBOOK FOR BUSINESS

w/ Deb Laflamme and Jacob Clayton of MyUntangled Media

You are going to "Like" getting connected to your fans in this Beginner to Intermediate level Facebook for small business class. Get ready to learn the ABC's of Facebook for Business: commenting, uploading photos, creating events and posting offers for your customers. You will learn how to connect with your fans, how to keep them engaged and how to increase business through this increasingly popular social media platform. (Attendees should be familiar with Facebook and have a personal profile set up prior to class date) Laptop encouraged, but not required. (min 5/ max 20)

Thurs. March 21, 10:00-11:30am

Fee: \$60

Class held in Town Center Bldg, Rm 144.

ADULT PROGRAMS

GET READY FOR SPRING GARDENING!

w/ **Peter Coppola, Master Gardener**

All classes will be held at
New England Nurseries, 216 Concord Rd.

GROWING PLANTS FROM SEED: It is cold outside, but if you prepare now, you can pick lettuce in April and peas in May. Save money and plant something different this year by starting and growing flowers and vegetables indoors from seeds. This 3-hour course will provide the information necessary to improve germination rates and grow healthy seedlings indoors for spring planting. The session will cover seed selection, growing media, and creating a micro-climate favorable for plant growth. Why wait until April to play in the dirt when you can get dirty now! (min 8/max 20)

Sunday, March 3, 4:30 – 7:30pm

Fee: \$25

NO-MAINTENANCE GARDENING: ...and other lies you want to believe about caring for your plants and lawn. This 3-hour session is filled with information, tricks and tips that will make your yard work much easier this summer. The dialog session will cover your favorite subjects: planting, watering, fertilizing, and lawn care. Caution: Gardening is addictive; at the conclusion of the course, you may find yourself puttering in your yard! (min 8/max 20)

Sunday, March 10, 4:30-7:30pm

Fee: \$25

THE REAL DIRT ON GARDENING: Prune your shrubs and your expenses, minimize your yard work, have a great lawn, and help the planet by developing a basic understanding of plants, vegetables, and gardening techniques. Learn simple tricks to make yard work enjoyable as you improve your plant-growing skills. Save time and money by increasing your knowledge of soil-preparation, plant-selection and propagation, lawn care, landscaping, and yard maintenance. (min 8/max 20)

Mon., 3/18-5/6, 6:00-7:45pm (8wks)

Fee: \$70

UNDERSTANDING YOUR SOCIAL SECURITY BENEFITS

w/ **Britton Wilson, AAMS, Financial Advisor**

This is a seminar for individuals who are nearing retirement age or who are in retirement and would like to understand how Social Security works. Find out how inflation affects your benefits, when is the right time to take benefits and how your spouse qualifies. There will be time to answer questions. Complimentary offering by Edward Jones Investments. (min 2/max 25)

Thurs., Feb. 7, 7:00-8:30pm. **\$10 Rec. Dept' adm. fee per family.** Class held in The Town Center Bldg, Rm 144.

ORGANIZING WORKS! w/ **Karen Kenney**

Let's face it, we all could use some help getting organized. Come learn how to stop drowning in all that paperwork! Do you have too much mail to sort through? Not sure how long to keep your tax documents and other important paperwork? Karen can give you secrets for getting organized. She will discuss big projects such as cleaning out a garage or basement, home downsizing and moving. She will also discuss everyday ways to help reduce the clutter and other issues that keep us from maintaining our organized systems. Bring a friend and you both receive Karen's DVD "The Organizing Cheerleader" (min 3/max 15)

Wed, Jan. 30, 7:00-9:00pm

Fee: \$25/person

Class held in The Town Center Bldg, Rm 144.

MONEY AND DIVORCE:

Costly Mistakes You Don't Want To Make

w/ **David Chwalek, Senes & Chwalek Financial Advisors**

If you are contemplating divorce, starting the process, in mediation or looking at settlement options, this seminar could be for you. We will look at common financial mistakes that are often made in divorce settlements and discuss ways to avoid them. You will gain an understanding of how issues of cash flow, liquidity, income taxes, capital gains, retirement account rules, insurance, debt and credit could impact your future well-being. We will also look at the new Alimony Reform Act of 2011 that was effective March 1, 2012 and makes significant changes to alimony in Massachusetts. Wednesday, January 23, 7:00-9:00pm. (min 3/max 25) **10 Rec. Dept' adm. fee per person.** Class held in The Town Center Bldg, Rm 144.

ARTS – CRAFTS – MUSIC FOR ADULTS

WHAT'S IT WORTH? Appraisal Event

w/ **Michael March**

Blackwood/March Fine Art and Antique Auctioneers

Saturday, February 2, 10:00am to 1:00pm

see Special Events section for details

BEDFORD COMMUNITY CHORUS: Come sing with us!

Directed by Katherine Parker

The Bedford Community Chorus is a new, non-auditioned choral ensemble that seeks to bring the joy of singing to its members and the community, as well as provide opportunities for fellowship and relationship building among members. The ensemble will rehearse a variety of repertoire from classical, jazz, pop and world music genres. We will perform at community events as well as present a Spring concert. The group is open to anyone over the age of 12 who possesses a love of singing, regardless of experience! In order to participate, members have to commit to attending 80% of rehearsals and performing in concerts (community event performances are optional). Rehearsals will not take place during school vacation weeks. (min 20/max 100)

Wednesdays, 2/6-5/15 (no class 2/20 and 4/17)

6:30-8:00pm. Rehearsals held in the High School, Room D105.

Thursday, May 16, Concert night at BHS Auditorium

Membership Fee: \$120. These dues will cover the cost of sheet music, ensemble accompanist and performance venue usage.

HARMONICA w/ **Tim Gartland**

Introduction to Folk, Blues and Rock Harmonica. Beginner lessons will give you solid introduction to this uniquely expressive and affordable pocket-sized harmonica. Tim Gartland, a Bedford resident, has 32 years playing experience and he has performed with Bo Diddley and the Legendary Blues Band. Students receive a copy of his Talking Harmonica Training Guide and CD. Students must purchase a ten-hole diatonic harmonica in the key of C, available at local music stores. No prior experience is necessary. Age 16+

www.info.talkingharmonica.com (min 3/max 6) 6wks

Wed. 7:00-7:45pm, 1/30-3/13 (no class 2/20)

Fee: \$120

Class held in the Town Center Bldg, Rm 152.

ADULT PROGRAMS

ZENTANGLE w/ Susan Smith

Zentangle is an easy to learn method of creating beautiful images from repetitive patterns. It is a fascinating new art form that is fun and relaxing and that increases focus and creativity. At first, Zentangle appears to be intricate and complicated. When you learn how it is done, you realize how simple it is. Zentangle is fun for anyone, anytime, anywhere! It can be enjoyed by people of all ages and skills. All materials are included in the fee. Ages 15+.

Thurs. 7:00-8:30pm, 2/28-3/21, (min 8/max 12) 4wks

Class held in the Town Center Bldg. Rm 144

Fee: \$125



CHARCOAL AND PASTEL STUDIO CLASS

w/ artist Alma Bella Solis

Students will produce their own composition using either charcoal pencils/chalks or dry pastels chalks/pencils. Subjects will range from still life to human figures. Drawing methods in outline, contour, shading, blending, detailing are taught using perspective, proportion and following the ten offices of the eye. The instructor uses the three guiding rules in producing good art: accurate observation, emotional power and that the art subject must stand for all humanity. Students should bring their own choice of subject matter the first class. Materials list provided on our website or in the office. Age 14 + (min 4/max 7) 5 wks

Session 1: Fri. 3:00-5:00pm, 1/11-2/8

Fee: \$125

Session 2: Fri. 3:00-5:00pm, 3/1-3/29

Fee: \$125

Class held in the Town Center Bldg, Flint Rm (2nd Floor)

SEWING CLASSES w/ Karen O'Rourke

All Classes held in the Town Center Bldg. Rm 144

BASIC SEWING: Designed for anyone interested in the art of sewing. In this course you will produce projects such as a drawstring bag, decorative pillow cover and pajama pants. You will be introduced to techniques and tools for hand sewing, embroidery, machine sewing and more. Supplies needed: 3 yards total of cotton blend fabric (can be divided into 2 yard and 1 yard pieces), 1 package 1/2" wide elastic, sewing kit, sewing machine (or Machine rental \$5 per session if need one) min 4/max 8, Age 16+. Tues. 7:00-9:00pm, 1/15-2/5, 4wks **Fee: \$75 w/ own machine** **Fee w/ machine rental: \$80** (4 machines available)

SEW FOR YOURSELF: Easy Pajama Pants

Learn to sew a pair of pajama pants for yourself! With 2 yards of your favorite fabric and a package of 1/2" elastic, learn to size a personal pattern and sew together! You will keep the pattern to make more pants. (min 4/max 8) Age 16+

Tues. March 5, 7:00-9:00pm

Fee: \$30 w/ own machine

Fee w/ machine rental: \$35 (4 machines available)

SEW FOR YOURSELF: Mending Skills

Do you have some good clothes that need a button or a hem? In this class you can learn simple, easy techniques to put up a hem (by hand or machine), replace a button, sew an open seam or repair a tear. Bring all those clothes with you! We will also cover techniques to add personal pizzazz to ready to wear clothing. Bring a sewing machine if you have one (min 4/max 8) Age 16+.

Tues. March 12, 7:00-9:00pm

Fee: \$30

BRACELET WORKSHOPS

w/ Liz Stewart of Lush Beads

Classes held at Carlisle Town Hall, 66 Westford St.

Peyote Stitch Cuff: Learn peyote stitch and make a bracelet that feels like fabric. The basic even-count stitch will be taught. No prior bead weaving experience is required. *Kits will be available for purchase at class for approximately \$15. (min 1/max 4) Age 14+

Mon. 1/28, 6:30-8:30pm

Fee: \$15*(kit fee additional)

Fancy Pearl Cuff: Looking for an elegant piece of jewelry for a special occasion? This is the class for you. Learn to make this fancy embellished pearl cuff during this 2 week class. Prior bead weaving experience is helpful but not required. *Kits will be available for purchase at class for approximately \$30. (min 1/max 4) Age 14+

Mon. 2/4 and 2/11, 6:30-8:30pm

Fee: \$25* (kit fee additional)

Pipe and Swirl Bracelet: Have some fun with bugle beads in this twisting and turning bracelet design. Go for a casual or an elegant look using the same stitch. Prior bead weaving experience is helpful. Please bring reading glasses if you need them, as we will be working with small beads. *Kits will be available for purchase at class for approximately \$10-\$12. (min 1/max 4) Age 14+

Mon. 3/4, 6:30-8:30pm

Fee: \$15* (kit fee additional)

BLACKSMITHING

w/ Carl West, Prospect Hill Forge

Classes held at Prospect Hill Forge, 38 Guinan. St. Waltham
Information on directions, safety, attire and other information will be available on our website.

A Taste of Blacksmithing: The discovery of iron and how to work it changed human history. Tools, weapons, and daily life haven't been the same since. Here's your chance to learn to control one of the basic elements of modern human life. You will be introduced to the basic smithing techniques of hammering, drawing-out, cutting, bending, and twisting. Using these techniques and a coal-fired forge you will heat a piece of iron to brilliant incandescence and with anvil, hammer, and tongs create a decorative and useful 'S'-hook.

Option 1: Sat. 1/5, 2:00-5:00pm (min 3/max 8)

Fee: \$60

Option 2: Wed. 2/6, 6:30-9:30pm (min 3/max 8)

Fee: \$60

Wrought Iron Bracelets: Unconventional Jewelry

Make a wrought iron bracelet in just a few hours. Use traditional blacksmithing techniques to make a distinctly non-traditional item. Work an iron bar with fire and water, hammer and tongs, vise and anvil. Learn about heat control, hammer control, and self-control while creating a ready-to-wear bracelet with a tapered, sinuous motif. Techniques will include forging (flaring and drawing to a taper), bending, and twisting.

Wed. 3/6, 6:30-9:30pm (min 3/max 8)

Fee: \$75

GUITAR 101

w/ Javier Rosario of Page Music Lessons

A guitar instruction program designed for the beginning guitarist. The course will teach guitar music reading, proper playing technique, and performance of various styles of guitar music. Attendees will have to bring a guitar, guitar picks, and a tablet of staff paper. Come experience the joy of playing Guitar! Age 15+

Mon. 7:00-8:00pm, 1/28-3/25 (no 2/18) 8wks

Fee: \$180

Class held in the Town Center Bldg, Rm 139. (min 3/max 12)

ADULT PROGRAMS

STEP-BY-STEP: The Joy of Painting for Beginners w/ Michael Wilson

This class will introduce students to the materials and techniques of Acrylic painting. Using demonstrations and individual and group critiques, students will learn how to develop a painting from start to finish. Lessons will cover blending and shading, the color wheel, using value, shapes and composition, as well as the tools of the trade: brushes, mediums and surfaces. Age 16+. Class held in the Town Center Bldg. Rm 144 (min 4/max 10) Mon. 7:00-9:00pm, 1/28 – 3/11 (no class 2/18) 6wks **Fee: \$138** Additional material fee payable to instructor first night: \$20

LEARN TO KNIT BASIC w/ Caroline Larson

Students will learn basic stitches and graduate to more complex knitting by knitting different pattern squares for a blanket. Each student can make her/his (yes, men can knit too) own blanket to keep or contribute to a class Linus Blanket to be delivered to a pediatric patient at Emerson Hospital. Bring size 8 knitting needles, 10 or 14 inch. Yarn will be provided for the first class. Beginning to Intermediate knitters are all welcome. Age 16+ or Ages 14-15 with a parent. Caroline is a 35 year Bedford resident and has been addicted to knitting for over 40 years. She knits while watching TV, waiting at appointments and riding the subway...although she does not knit while driving, she does knit as a passenger, even in the dark. (min 4/max 6) 8wks Wed., 6:30-7:30 pm, 1/16-3/20 (no class 2/13, 2/20) **Fee: \$110** Class held in The Town Center Bldg, Rm 139.

NEXT STEP KNITTERS w/ Caroline Larson

For those who have taken Caroline's Learn to Knit Basic class or who are advanced knitters, continue to expand your knitting expertise with a project of your choice. Patterns offered include baby sweaters – pullover, hoodie or cardigan, fingerless mittens, lacey scarf, cable purse, cable and lace hat. (min 4/max 6) 8wks Wed., 7:00-8:00pm, 1/16-3/20 (no class 2/13, 2/20) **Fee: \$110** Class held in The Town Center Bldg, Rm 139.

EXERCISE, FITNESS AND DANCE

BALLET FOR BEGINNERS w/ Beverly Giarrusso

This class will introduce the beginning dance student to the technique and vocabulary of classical ballet with emphasis on posture, placement and movement. No Experience necessary. Traditional ballet shoes and comfortable clothing. (min 4/max 20) 10 wks. Class held in Rm. 153, Town Center Bldg. Thurs. 9:30-10:30am, 1/17-3/28 (no class 2/21) **Fee: \$105** **Free Trial Class:** Thurs. 1/10, 9:30am (register online or call)

ALIGN8 POWER YOGA CLUB w/ Yoko and Jeff Chun

Please register directly with Yoko and Jeff Chun for this course: info@align8yoga.com

Jan 7 - March 30 (no class 1/21, 2/18-21,23)

Mon / Thurs 7:30-9pm (Jeff)

Tues 10:30am - 11:45am / Thurs 9am - 10:15am (Yoko)

Sat 9:30 am - 10:30 am (Yoko) - New!

Class Location: Summit Health + Fitness , 65 Wiggins Ave
Registration:

Choice #1: Individual Unlimited!: \$143 for 11 weeks

Choice #2: Couple's Unlimited!: \$242 for 11 weeks

Choice #3: Individual 1 class/week: \$121 for 11 weeks

HATHA YOGA w/ Bonnie McCulloch

Are you new to yoga or just looking to stretch and strengthen your body and quiet your mind? This class will consist of centering, warm-ups, performing basic postures and breathing techniques, and being led into periods of deep relaxation. Bonnie McCulloch is a certified Hatha yoga teacher who believes that the practice of yoga is beneficial to people of all fitness levels. Within each class Bonnie offers modifications and advanced forms for the yoga postures practiced. Bring a yoga mat/water bottle. Age 15+ (min 6/max 15) 8 weeks
Tues. 9:30-10:30am, 1/8-3/5 (no class 2/19) **Fee: \$100**
Classes held in Town Center Bldg, Union Rm.
Wed. 7:00-8:00pm, 1/9-3/6 (no class 2/20) **Fee: \$100**
Classes held in Town Center Bldg, Union Rm.
Fri. 9:30-10:30am, 1/11-3/22 (no class 1/18, 2/22, 3/8) **Fee: \$100**
Class held in The Town Center Bldg, Rm 153.
Free Trial Class: Wed. 12/12, 7:00-8:00pm (Union Rm)
Please register online or call for trial classes.

BEGINNER REFORMER PILATES w/ Kristin Kelly

A fun, introductory session to learn the basics of Reformer Pilates. Classes are performed on the Reformer, resistance exercise equipment invented by Joseph Pilates. It consists of a platform that moves back and forth along a carriage. Resistance is provided by the exerciser's body weight and by springs attached to the carriage and platform. Pilates promotes long, lean muscles, better posture and a strong supportive core; it benefits all shapes and sizes. Come see why Pilates is so wonderful. Please wear comfortable exercise clothing and bring water. (min. 2/max 4)
Classes held at My Pilates and More Studio, 18 North Road.
6wks
Mon. 9:30-10:20, 1/7-2/25 (no class 1/21, 2/18) **Fee: \$154**
Mon. 10:30-11:20, 1/7-2/25 (no class 1/21, 2/18) **Fee: \$154**
Wed. 9:30-10:20, 1/9-2/13 **Fee: \$154**
Sat. 10:00-10:50, 1/12-2/16 **Fee: \$154**
Open House: Sat. 1/5, 11:00-12:00. Come check out the program, try the machines and ask questions. Please register in advance for open house.

ZUMBA® DANCE-FITNESS w/ Sharon Pugatch

Get fit, have fun and leave the world behind! Zumba is a Latin inspired, dance-fitness class that incorporates Latin/International music and dance movements for one hour of calorie-burning, body-energizing movements meant to engage while having a blast. The routines feature interval training sessions where fast and slow rhythms and resistance are combined to tone and sculpt your body while burning fat. No dance experience necessary, all fitness levels welcome. Please wear comfortable clothes and sneakers and bring water and a towel.

Contact: zumbawsharon@gmail.com (min 7/max25)

Age 16+/age 13+ with a parent. If you miss a class, you can make up in any another class during the week.

Mon. 6:05-7:05pm, 1/7-3/18 (off 1/21,2/18) 9wks **Fee: \$99**

Class held in the High School Dance Studio.

Wed. 5:30 – 6:30pm, 1/9-3/20 11wks **Fee \$120**

Class held in Town Center Bldg, Union Rm.

Thurs. 9:30-10:30am, 1/10-3/21, 11wks **Fee: \$120**

Class held in Town Center Bldg, Union Rm..

Sat. 9:30-10:30am, 1/12-3/2 (off 2/23), 7 wks **Fee: \$77**

Class held in the High School Dance Studio.

ADULT PROGRAMS

BODYJAM ~ BODYPUMP ~ BODYFLOW
w/ Nancy Griffiths of Kamate Fitness
and her team of LesMills certified instructors
More classes to choose from this session!!

BODYJAM™ This workout combines the addictive fusion of the latest dance moves and hip new sounds. Have fun and burn calories without even realizing it. No previous dance experience required; choreography is layered and simple. Instructors coach style, direction and attitude to motivate participants to perform at their best while burning fat, improving coordination, and expressing themselves. Please bring towel, water and sneakers. Age 15+.

BODYPUMP™ is a fast way to shape up and lose body fat. This original barbell workout strengthens and tones your entire body and challenges the major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The simplicity of the class makes a great starting point for developing strength and confidence. Uplifting music synchronized with the exercises motivates participants through the workout. Please bring mat, towel and water. Age 15+

BODYFLOW™NEW! This workout builds flexibility, while strengthening and toning muscle groups. A focus on controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music using a blend of Pilates, Tai Chi and Yoga. A holistic workout that brings the body into a state of harmony and balance.

BODYJAM SCHEDULE: 12 week session runs 1/2 thru 3/23
 Tues. 7:00-8:00PM, High School Gym D (2/19 Town Center Bldg)
 Thurs. 7:00-8:00PM, High School Gym D (2/14, 2/21 Callahans)
 Fri. 9:20-10:20AM, Town Center Bldg, Union Rm (no 2/22)
 Sat. 10:15-11:15AM, Callahans

BODYPUMP SCHEDULE: 12 week session runs 1/2 thru 3/23
 Mon. 9:20-10:20AM, (no class 1/21, 2/18) Callahans
 Mon. 6:30-7:30PM, Callahans
 Wed. 9:20-10:20AM, Callahans
 Wed. 6:30-7:30PM, Callahans
 Sat. 8:00-9:00AM, Callahans
 Sat. 9:00-10:00AM, Callahans

BODYFLOW SCHEDULE: 12 week session runs 1/2 thru 3/23
 Tues. 9:20-10:20AM, Callahans
 Thurs. 6:00-7:00PM, High School Dance Studio
 (2/14, 2/21 Callahans)
 Sun. 10:00-11:00AM, Callahans
 For classes at Callahan's Karate Studio, the address is 20 North Rd.

Discounted Fee Format! This format offers flexibility to attend classes at your convenience. The more classes you attend, the more cost effective the program is. Options average \$13 to \$20 per week, a great value and good for you!

BodyJam only:	Fee: \$150
BodyPump only:	Fee: \$170
BodyFlow only:	Fee: \$160
BodyJam and BodyPump:	Fee: \$220
BodyJam and BodyFlow:	Fee: \$190
BodyPump and BodyFlow:	Fee: \$200
Unlimited all 3 Programs:	Fee: \$240

For more information visit website: www.kamatefitness.com

SPECIAL EVENTS: w/ Kamate Fitness

Kamate Open House – Saturday, Dec. 29. 7:45-11:30am.

Enjoy light refreshments while you try our premier fitness classes including our newest program addition – BodyFlow – a peaceful yet invigorating yoga, tai chi, pilates fusion. See website for full schedule. Held at St. Michael's Parish, Bedford.

Bedford Womenade - 4th Annual Cabin Feva Diva Relievea
Saturday, March 16, 8:30-11:30am.

Enjoy manicures, brow waxing, chair massage, exercise classes and more while shopping for jewelry, fitness clothing, cosmetics and spa products. Treat yourself to a day of health and pampering while supporting Bedford Families in need. Held at Callahan's

BELLY DANCING w/ Beverly Giarrusso

Belly Dance is an ancient Middle Eastern dance form that has mesmerized the modern world. This dance is great for getting in shape, as well as burning calories and fat. Focus will be on stretch, warm up, posture and placement and basic movements. Ballet shoes and comfortable clothing. (min 4/max 20) 10 wks Class held in Rm. 153, Town Center Bldg.

Wed. 11:00-12:00noon, 1/16-3/27 (no class 2/20) **Fee: \$105**

Free Trial Class: Wed. 1/9, 11:00-12:00 (register online or call)

NIA CLASS w/ Joan Turnberg

Nia is a fabulous fusion of dance, martial arts and yoga designed for all levels. Nia delivers an invigorating cardio workout while developing strength, balance, flexibility, agility, mobility, body awareness and relaxation. Please bring water bottle, yoga mat or thick towel. Contact joan@live-life-well.com for more info. All classes held in the Town Center Bldg, Union Rm. (Min 9/max 20) Age 15+

Mon. 9:30-10:30am, 1/7-3/18 (no class 1/21, 2/18) 9wks **Fee: \$85**

Wed. 9:30-10:30am, 1/9-3/20 (no class 2/20) 10wks, **Fee: \$95**

Thurs. 6:30-7:30pm, 1/10-3/21 (no class 2/21) 10wks **Fee: \$95**

Free Trial Classes: Wed. 1/2, 9:30am & Thurs. 1/3, 6:30pm.
 (Please register online or call for trial class)

TAP DANCING w/ Chuck Frates

Join in this All-American form of dance and get those feet tapping to the rhythm. You will not only have a great time, but a good workout also! Some previous basic experience required.

(min 1/max 18) Class held in the Union Rm, Town Center (10wks)

Wed. 11:00-12:00, 1/9-3/13

Fee: \$145

BEGINNER/INTERMEDIATE TAI CHI

w/ Bob Cormier, Oriental Healing Arts

Tai chi is an ancient Chinese martial art, an excellent form of exercise and meditation in motion. Seemingly effortless movements are executed in a smooth, flowing and non-strenuous manner promoting awareness, health and longevity. Strengthen the immune system by increasing strength, flexibility and balancing energy.

Improve physical health and reduce stress. Learn Chigong routines and the Modified Yang Style Short Form in a format that is friendly and safe. Bring water and wear loose, comfortable clothing. (min 6/max 14) 11 wks **Fee: \$115**

Wed. 6:30-7:30pm, 1/16-3/27, Class held in Rm. 153, Town Ctr.

Free Trial Class: Wed. 1/9, 6:30-7:30pm (register online or call)

ADULT SPORT PROGRAMS

ADULT BADMINTON - ADVANCED/INTERMEDIATE

Open courts for intermediate and advanced players. Mostly doubles, but singles when court space available. Bring your own racket; feather shuttlecocks provided. (max 26) *Non Resident registration begins 1 week after resident registration begins.*

Please note that only registered participants may attend. No guests, fill-ins, or waitlisted players may play until they are officially registered.

Fee: \$30

Wednesdays. 8:00 - 10PM, 12/12 - 3/27 (no badminton 12/26, 2/20) Program held at Lane School Gym.

ADULT BADMINTON - BEGINNER/INTERMEDIATE

Open courts for beginning and intermediate players. Drop in program (no sign-up necessary). Some instruction is available for technique and rules. Intermediate players should provide their own rackets. Some loaner rackets available (beginners are encouraged to play a bit before purchasing a racket). Shuttlecocks are provided. Badminton is one of the most popular sports in the world. Join us and find out why. Mondays, 8:00 - 10:00 PM 12/10 - 3/25 (no badminton 12/24, 12/31, 1/21, 2/18)

Held at Lane

No Fee

ADULT INDOOR SOCCER

Join us for indoor pick up soccer at the Davis School Gymnasium. Players must be age 18+ and not in High School. Please bring a white shirt and a dark-colored shirt.

Mon. 9 - 10 PM, Tues & Thurs 8:30 - 10 PM, 1/26 - 3/28 (off 12/24 - 1/1, 1/21, 2/18 - 2/22)

No Fee

ADULT OPEN VOLLEYBALL

Open to all Bedford residents age 18+ and not in high school. Please bring your own volleyballs. 11/26 - 3/25 at the Bedford High School Gyms, Mondays, 7:30 - 10:00pm. (no volleyball 12/24, 12/31, 1/21, 2/18)

No Fee

ADULT PICKUP BASKETBALL

Open to all Bedford residents age 18+ and not in high school. Please bring your own basketballs. Wed. at Bedford High School Gym 11/28 - 3/27 (off 12/26, 2/20) 7:00 - 10:00 PM

No Fee

COMING SOON!

SUMMER ADULT BASKETBALL LEAGUE (18+)

To keep up to date on the development of the newly created 18+ adult summer basketball league, please send an email to nickc@bedfordma.gov, call 781-275-1392, or register for 18+ basketball info online at www.bedfordrecreation.org. We will email interested participants as registration information and details become available. Team registrations are expected to begin in April, with the league starting in June and running through early August. Games will be played twice a week during weeknights at the HS outdoor courts. Uniforms, referees, and scorekeepers included in league fees.

Fee: TBD

HS PROGRAMS

SUMMER WORK APPLICATIONS

Town of Bedford applications for summer work with the Recreation Department (Summer Adventures, Springs Brook Park) may be found online at: bedfordrecreation.org or may be picked up at the Recreation Office. Applications for Summer work will be accepted after January 1.

HIGH SCHOOL STUDENTS OFFERINGS

IN THE ADULT SECTION:

Bedford Community Chorus: age 12+
BodyPump/BodyJam/BodyFlow: age 15+
Zumba: age 15+
NIA: age 15+
Harmonica: age 16+
Guitar: age 15+
Step-By-Step/Beginner Painting: age 16+
Charcoal and Pastel: 14+
Beginner Hatha Yoga: age 15+
Power Yoga: age 15+
Knitting: age 14+
Sewing: age 16+
Zentangle: age 15+
Bracelet Making Workshops: age 14+

Other adult classes may accept HS students with advance permission of instructor. Contact the Rec. Office if interested.

U18/U16 SPRING SOCCER

Registration is open for both boys & girls U16 & U18 Spring Travel Soccer Teams. Registrations will close Feb 22 or when the team fills. The teams play Sundays, either in Bedford or in another BAYS town. Parents are responsible for providing transportation to the games each week. Season begins on April 21 and runs for 7 consecutive weeks. Parent coaches/managers are needed for teams. Interested candidates should note their interest in the notes section on the registration forms.

Fee: \$90

INTRODUCTION TO TAE KWON DO WINTER SPECIAL

SPRINGS BROOK PARK SUMMER 2013 EMPLOYMENT

LIFEGUARDS and SWIM INSTRUCTORS (minimum age: 16 as of June 13, 2013). Must have current Lifeguard Training, CPR, and/or Water Safety Instructor certification. Hourly rates start at \$9.44 and are based on experience. Applications available at the Recreation Office or online. Will accept applications until all positions are filled. Interviews will start in April.
CREW POSITIONS: *Open to Bedford residents only*
Information about these positions will be in the Spring Recreation brochure available in March. Interviews will be held in mid-May.

See write up on page 13

LIFEGUARDING AND WSI COURSES

contact: www.bostonredcross.org

Classes for Lifeguard Training and WSI (Swim lesson instructor training) are held at local facilities during winter and February vacation weeks and at other times during the Winter/Spring. Check the Red Cross website for details. Sign up for classes soon!!

Lifeguard Training: minimum age 15. Must pass swim test. Total hours 28.5

WSI: minimum age 16 by course completion. Must pass swim test. Total hours 30

PRESCHOOL PROGRAMS

GYMNASTICS

Jennifer McGrath & Dotty Martin keep the children moving in these exciting classes that teach children basic gymnastic skills using mats, bar and low beams while strengthening coordination and listening skills. Children are required to wear comfortable clothes with bare feet. (Adults must stay and participate with children enrolled in the 2-3 year old class and younger) Fridays 1/4 - 3/15 (10 weeks) no class on 2/22 (Min 8 max 12)

Takes place in the Lower Fellowship Hall in the First Church of Christ at 25 Great Rd. Please park in the Town Hall parking lot on Mudge way. Fee: \$135

18 months - 3 yrs. w/ Adult Partner (9:15 - 9:55 AM): This class is a perfect combination of fun & learning! Each week has a different theme involving a different piece of equipment. Participants will roll down the mat and walk across the beam, swing like monkeys and jump like frogs. Parachute and stamps complete this magical gymnastics class! (Max 12)

18 months - 3 yrs. w/ Adult Partner (10:00 - 10:40 AM): Description above (Max 12)

3-4 yrs. Transitional Class(11:00 - 11:40 AM): I'm a big kid now! This class is a great class for the children who are ready to try class on their own. Children will meet new friends and learn to follow directions in a fun, confidence building class. They will try forward rolls, cartwheels, handstands as well as walking across the beam, swinging on the bar and squatting like a frog!

3 - 5yrs. Transitional Class (12:30 - 1:15 PM): This class is designed for the child who is ready to learn some beginning gymnastics. Participants will work on jumps, splits, bridges, rolls, cartwheels and handstands. They will use the balance beams, bars, and vaulting equipment.

K — 5th grade gymnastic class information located Elementary Section of brochure

PRE-K BASKETBALL w/ F.A.S.T. Athletics

Mini-hoops, mini-balls and a ton of fun! This class is created for 3-5 year olds who will have fun while learning some fundamentals of basketball. There will be a variety of team games, as well as parental participation to encourage the children! Saturdays in D gym at Bedford HS (back gym) 1/5 - 2/9, 9:00 - 10:00 AM. Min:10/Max:20 (6 weeks) **Fee: \$80**

PRE-K MINISPORTS w/ F.A.S.T. Athletics

This program is a combination of warm-up games and sports such as soccer, kickball, wacky ball and basketball. It will ease children into the basics of all these great games as well as teach them the importance of team work! Each class, F.A.S.T. Athletics will plan new and exciting games for the participants. Saturdays in D gym at Bedford HS (back gym) 1/5 - 2/9, 10:00 - 11:00 AM. Min:10/Max:20 (6 weeks) **Fee: \$80**

INTRODUCTION TO TAE KWON DO WINTER SPECIAL & White Belt Certification (new students only)

Join Master Youn and his coaches for this 2 month introductory special. Students may attend any 2 classes each week during January and February. Taekwondo helps to develop respect, self confidence, discipline and athleticism. Participants receive detailed instruction and individual help when needed. All classes take place at Youns Taekwondo Studio on 55 North Street, Suite 225. Classes offered on Mon, Wed & Sat. Students receive a uniform with the fee. January 2 - Feb 27 **Fee: \$159**

Monday & Wednesday classes:

Age 3 - 6: 4:30 - 5:10 PM

Saturday Class: ALL AGES: 11:00 - 11:40 AM

INTRODUCTION TO KENPO KARATE

w/ Callahan's Karate (Ages 5-13)

4 week introductory course offered at Callahan's Karate Studio located at 20 North Rd. Beginner students can expect to experience the many positive benefits of Karate training. Callahan's award winning programs are a great way to develop confidence, focus, and self discipline while learning the basics of Karate and self defense. (min 5/Max 10) **Fee: \$50/Session**

Option 1: Wednesday 5:30 - 6:10 pm; 1/23 - 2/13.

Option 2: Saturday 10:40 - 11:20 am; 1/26 - 2/16.

FARMERS HELPERS (Ages 3-5) w/ Chip-in Farm

Children and their parents will have an opportunity to do real farm work at Chip-in Farm, a real working farm. Help farmer Sandy in the fields, feed the pigs, bottle feed calves and collect the eggs. Each week will offer a different farming adventure. Wear your work clothes. Rain or shine. Min. 3/Max. 8 Parents must stay and participate with the children. Takes place at Chip in Farm on 201 Hartwell Rd. (4 weeks) **Fee: \$50/session**
Option 1: Tuesdays 3/5 - 3/26, 10:00- 11:00 AM
Option 2: Wednesdays 3/6 - 3/27, 10:00 - 11:00 AM

ELEMENTARY PROGRAMS

HIRED HANDS w/Chip-in Farm

Children will have an opportunity to do real farm work at Chip-in farm, a real working farm. Help farmer Sandy in the fields, feed and tend the animals, collect the eggs, & harvest the crops while enjoying farm-themed crafts, stories and cooking activities. Wear your work clothes, old sneakers or boots. Class meets rain or shine. (min 3/max 8) Drop off program. Parents not required to stay for class. (4 weeks)

Kindergarten: Mon 3/4 - 3/25, 10:00 - 12:00 AM **Fee: \$115**

Kindergarten: Mon 3/4 - 3/25, 1:00 - 3:00 PM **Fee: \$115**

Grades 1 - 2: Tues.3/5 - 3/26, 3:45 - 5:45 PM **Fee: \$115**

Grades 3 - 5: Thurs. 3/7 - 3/28, 3:45 - 5:45 **Fee: \$115**

ELEMENTARY PROGRAMS



BASKETBALL CLINICS - GRADES 1, 2 & 3

Basketball and sportsmanship fundamentals will be taught in these basketball clinics, scheduled for Tuesdays, Wednesdays and Fridays. Parent volunteers will be running all 3rd grade clinics, while the 1st and 2nd grade clinics will be run by the Thundercat Basketball Staff. If you are interested in volunteering for the third grade clinics, please note this when enrolling your child. **Children must bring a youth size 27 ball clinics.** In order to ensure a safe and enjoyable experience for all participants, each session is limited to 25 participants. You may only sign up for one session. Gyms will be open to participants and their parents or caregivers only, **please no siblings.** **FEE: \$97 (8 weeks) Residents only!**

Deadline to register is December 21 or when teams fill.

Tuesday @ Davis Gym 1/8 - 3/5 (no clinic 2/19)

Grade 2 Boys: 3:20 - 4:45*

(*snack supervised by Rec. staff 3:20 - 3:40 in café, send snack)

Grade 1 Boys: 4:45 - 5:45

Wednesdays @ Davis Gym 1/9 - 3/6 (no clinic 2/20)

Grade 1 Girls: 1:50 - 3:30 *

(*snack supervised by Rec. staff 1:50 - 2:20 in café, send snack)

Grade 2 Girls: 3:30 - 4:30

Grade 3 Boys: 5:00 - 6:00

Fridays @ Davis Gym 1/4 - 3/1 (no clinic 2/22)

Grade 3 Girls: 6:00 - 7:00

Friday clinic meets on no school teacher workshop on 1/18!

LEGO ENGINEERING JR. (GR. 1&2)

w/ Wicked Cool for Kids

This 6 week program introduces participants to teamwork and critical thinking as participants investigate basic engineering concepts. There will be many challenges to engage the participants. Please note that 3:10 - 3:25 will be snack time (please pack a snack) 6 weeks. Davis Café, Mon., 1/28 - 3/11 (off 2/18), 3:10-4:25 (min 8/max 12) **Fee: \$98**

DAVIS KIDS' YOGA (Grades K - 2) w/ Bonnie McCulloch

Roar like a lion, fly like a butterfly and travel to faraway places by experiencing yoga combined with music, storytelling, and cooperative games. We will stretch your child's imagination with yoga classes that explore breath-work, yoga postures, and relaxation techniques presented in a fun and creative manner. From 3:10 - 3:30, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!) From 3:30 (after bus dismissal from the gym) until 4:30, students participate in the gym. Thursdays 1/17 - 3/14 (no class 2/21) 8 classes (min 6/max 12) **Fee: \$95**

FLAG FOOTBALL w/ F.A.S.T Athletics

Get up, get going, get active with a F.A.S.T. Athletics Flag Football program. F.A.S.T. will teach game strategies, catching techniques and most importantly how to work together as a team. Participants will be able to participate in different situational games such as Red Zone Defense, fourth and inches, and the QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters. Takes place Mon 1/7 - 3/11 (no class 1/21 & 2/18), 2:45 - 4:00 in the Lane Gym. Min 10/Max 24 (8 weeks) **Fee: \$98**

LANE YOGA (Grades 3-5) w/Bonnie McCulloch

In this fun and active class students will explore traditional yoga poses, breathing techniques and relaxation through literature, music, creative art and more! We will build strength, self-awareness, balance and concentration. Students will listen to popular music while they learn yoga postures and explore topics such as compassion, empathy, inner strength, and peace. Children are released into the café at 2:45 and will have time for a snack (please send snack). Classes will be from 3:00 - 4:00 p.m. in the Lane Café. Mondays 1/7 - 3/11; (no class on 1/21, 2/18) 8 classes (min 6/max 12) **Please note that pick up time is 4:00. Fee: \$95**

LANE MIXED MEDIA ART w/ Penny Leslie

This winter, the program at Lane will include basic understanding of fashion design illustration, learning how to draw and paint creative outfits, and India ink applications. The sessions are geared toward student interests with guidance and support from the instructor. Bring a snack and be ready to relax and have a good time exploring the arts! Lane Café, Thurs. 1/10 - 3/7 (off on 2/21) 2:45 - 4:45 (8 wks) **Fee: \$138**

DAVIS EXPLORING ART w/ Lori Murphy (K-2)

Welcome to the winter session of Davis Exploring Art! Participants will be inspired by demonstrations and artistic work. They will create a rich variety of art pieces by drawing, painting, clay and collage. Participants will have fun meeting new friends and brainstorming artistic possibilities while learning new techniques and skills. Guidance will be offered to help execute ideas. In this program, the artistic process is highly valued and children are encouraged to incorporate and experiment with their own ideas. Please bring your imagination and a snack! Davis Café, Thursdays, 1/10 - 3/7 (off on 2/21); 3:10 - 4:25. (8 weeks). min 10/max 12 **Fee: \$95**

ACTING CLASSES

w/ Performing Arts Programs (Davis K - 2)

The staff from Performing Arts will offer a fun acting experience for elementary students. Children will be introduced to exciting theater games, concentration exercises, voice and speech, improvisational exercises, acting terminology, sense memory, subtext, stage skills and script work. At the end of this session, there is an informal skill share to demonstrate what participants have been learning. Returning students will be learning and working on new material. Visit www.performingartsprograms.biz for more info about Performing Arts Programs and to view/read teachers' bio. Children will have a snack from 3:10 - 3:25 (please pack a snack). 7 weeks. Takes place in the Davis Café, Tues, 1/15 - 3/5 (off 2/19) 3:10 - 4:25. (min 8/max 15) **Fee: \$115**

LEGO ENGINEERING CONCEPTS (Gr. 3-5)

W/ Wicked Cool For Kids

This program covers basic concepts, problem solving and teamwork, all by playing with and building with Legos. Investigate gears, pulleys, cams, levers and ratchets by building things such as street sweepers, hammers, fishing rods and scales. Lane Café, Tues. 1/29 - 3/12, (no class on 2/19) 2:45 - 4:15 PM Min: 8/Max 12 **Fee: \$120**

ELEMENTARY PROGRAMS

LANE WINTER AM OPEN GYM

Join us for early morning open gym time. Gym will be supervised by two adult Recreation Staff members. The program runs Monday through Friday, 7:35 - 8:35 AM (excluding holidays, no school days or school delays/snow days). 1/2 - 4/5. Open to all Lane School students. No drop ins, children **MUST** be registered through the Recreation Dept. Min 25/Max 45 **Fee: \$135**

DAVIS SCHOOL AM GYM

Join Peter Laskaris and other Rec. Staff for early morning gym time at Davis School. Participants will have the opportunity to play a variety of games in the gym. Typically, there will be options of a group game and open play for those not interested in the group game. Program is supervised at a 1:10 staff/child ratio. The program runs Monday through Friday, 8:00 - 9:00AM (excluding holidays, no school days or school delays/snow days). 1/2 - 4/5. Min:20/Max 30. **Fee: \$180**

GRADE 1 & 2 AFTER SCHOOL SPORTS

w/ **Peter Laskaris & Judy Johnson**

From 3:10 - 3:40, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!) From 3:40 (after bus dismissal from the gym) until 4:25, students participate in active games in the gym. Parents are responsible for transportation home at 4:25pm. Min12/Max20 **Please only register for one after school sports class!**

Mondays: 1/7 - 3/25; (no class on 1/21, 2/18) **Fee: \$80**

Fridays: 1/4 - 3/22(no class on 1/18, 2/22, 3/8) **Fee: \$73**

GYMNASTICS (ages 5 - 12) with Jennifer & Dotty @ Lane School

Jennifer & Dotty will keep your children moving in this exciting class that teaches basic gymnastics skills using floor, bar, vaulting, and low beam. Participants will learn and execute bridges, splits and jumps. Participants should wear comfortable clothes with sneakers or bare feet. Classes held at the Lane School Gym Fridays 1/4 - 3/22 (no class on 1/18, 2/22) **Fee: \$125**

Please note that class will be held on the 3/8 no school teacher workshop date. Min 8 Max 30 (10 weeks)

Grades 3 -5: 2:45 - 4:00 (2:45 - 3:00 is snack)

Grades K - 2: 4:00 - 4:45 PM

SWORD FIGHTING FOR KIDS!

w/ **Guard Up! (Grades 3-5)**

What do you get when you mix Harry Potter and Lord of the Rings with basic instruction in swordsmanship and lessons in teamwork and creative problem solving? You get a romping good time filled with physical and fun education! Students will learn basic guards, strikes and tactics. Then, with a little creative flair, the novice swordfighters play games that require strategizing, teamwork, problem solving and an accurate sword arm, or take on the roles of fantasy heroes. Why pick up a video game when you can unplug and live the adventure? There is a materials fee of \$20 to lease a sword or \$57.75 to purchase one (due by the end of the first class). Min.10/ Max.15. **Waiver Req', print out on Rec. Website**, 2:45 - 3:45 pm, Thurs. 1/10 - 3/21 (no class 2/21) Lane Gym (10 wks.) **Fee: \$185**

INTRODUCTION TO KENPO KARATE

w/ **Callahan's Karate (Ages 5-13)**

4 week introductory course offered at Callahan's Karate Studio located at 20 North Rd. Beginner students can expect to experience the many positive benefits of Karate training. Callahan's award winning programs are a great way to develop confidence, focus, and self discipline while learning the basics of Karate and self defense. (min 5/Max 10) **Fee: \$50/Session**

Option 1: Wednesday 5:30 - 6:10 pm; 1/23 - 2/13.

Option 2: Saturday 10:40 - 11:20 am; 1/26 - 2/16

LANE CHESS (Grades 3 - 5) w/ International Chess Institute

Chess is the classic game that develops spatial thinking and strategies and builds focused concentration. Taught by a chess instructor from the International Chess Institute, the class is geared for all levels of chess players. Beginners learn basic game rules and opening tactic moves. Intermediate and advanced players learn sophisticated combinations and strategies and advanced opening moves. Lane School Library. **PLEASE ONLY SIGN UP FOR ONE CLASS.** 8 weeks (min 8/max12) 2:45 - 3:45 PM

Class 1: Thurs. 1/10 - 3/7 (off 2/21)

Fee \$90

Class 2: Fri. 1/4 - 3/15. (off 1/18, 2/22, 3/8)

Fee:\$90

WINTER TENNIS LESSONS w/KA Tennis

Learn the sport of tennis with Kyle Anderson, a USPTR certified instructor who has 17 years of full time experience instructing individuals and groups. Program is designed to improve all aspects of the game. Offered over a ten week period, instruction is given in mechanics and rallying skills. It is intended to introduce the younger kids to the fundamentals of strokes. Hands on approach, organized drills, as well as fun games make this class appropriate for all ages. Max 8 (please only sign up for one day) 10 classes. All levels welcome! **Fee: \$196**

Wed. @ The Lane School Gym 1/2 - 3/13 (no class 2/20)

Gr. 3-5: 1:25 - 2:45 (from 1:25—1:45 there will be snack and warm ups until bus dismissal is over in the gym)

Gr. K - 2: 2:45 - 3:45

Thursday @ the Davis School Gym 1/3 - 3/14 (no class 2/21)

Gr. K - 2: 4:30 - 5:30

INTO GREAT BEGINNINGS (GR. 3-5) w/ Kamate Kids

Supported by Dr. David Geller of Patriot Pediatrics

This kid-focused workout program is designed to improve participants' self-esteem, mood and overall health. Youth Exercise Specialists, certified through the National Academy of Sports Medicine, will lead participants through a fun, safe, researched based training program that can improve strength, gross motor skills, bone density, stability, endurance, speed, agility, self-confidence, body image, and psychological well-being while developing a healthy attitude toward exercise. Instructors foster a light hearted, non-competitive, peer-inclusive atmosphere utilizing light weights and body resistance in this fun circuit training program designed just for kids. Parents receive regular fit tips throughout the program that can help in setting fitness goals with their children. Program runs 2:45 - 4:00PM on Thursdays and Fridays. On Thursdays, Program takes place in the Lane gym, and on Fridays in the Lane café (from 2:45 - 3:00 participants meet for attendance until bus dismissal is over at 3:00) 1/10 - 2/15 (off 1/18) 11 classes **Fee: \$180**

ELEMENTARY PROGRAMS

INSTRUCTIONAL COURSES W/ DEBBIE LAFLAMME

Debbie LaFlamme is a licensed day care provider in Massachusetts. With her degree in Early Childhood Education, she has more than 20 years of experience in caring for children of all ages in her home.

BABYSITTER COURSE w/Debbie LaFlamme: Help your young teen become a more responsible, trustworthy babysitter. This course will teach participants to interview parents, discuss infant & toddler care, including bedtime issues, choosing safe and age-appropriate toys and games, basic first-aid (choking, cuts, eye injuries, nosebleeds, burns, seizures, poisoning, bites, etc.). Learn tips for having a safe babysitting experience, including setting up a "code" with your parents in case of an emergency. For boys and girls, ages 11 and older. Takes place Tuesday January 15 & 22; 6:30-8:30pm in the JGMS Café on 99 McMahon Rd. Min:12/Max:30

Fee: \$32

HOME ALONE SAFETY WORKSHOP w/ Debbie

LaFlamme: This workshop focuses on personal safety and prepares young teens for the responsibilities that come with being at home alone. Discussions will include: arriving at home safely, keeping your house key safe, door safety, strangers, home security systems, telephone & internet safety, fire safety & gas leaks, and maintaining an emergency contact list. For boys & girls ages 11 and older. Takes place 3/5, 6:00-8:30pm in The JGMS Café on 99 McMahon Rd. Min: 10/Max: 30

Fee: \$30

INTRODUCTION TO TAE KWON DO WINTER SPECIAL

Join Master Youn and his coaches for this 2 month introductory special. Students may attend any 2 classes each week during January and February. Taekwondo helps to develop respect, self confidence, discipline and athleticism. Participants receive detailed instruction and individual help when needed. All classes take place at Youns Taekwondo Studio on 55 North Street, Suite 225. Classes offered on Mon, Wed & Sat. Students receive a uniform with the fee. 1/2 - 2/27.

Fee: \$159

Monday & Wednesday classes:

Age 7 - 10: 5:10 - 5:50 PM

Saturday Class: ALL AGES: 11:00 - 11:40 AM

FEBRUARY VACATION TENNIS CLINICS w/ KA Tennis

Learn the sport of Tennis from Kyle Anderson, a PTR and USTA certified instructor who has 17 years full time experience instructing individuals and groups. All lessons will be taught by Kyle Anderson. The Vacation clinic will teach the fundamentals of tennis in an energetic atmosphere. Drills and games are simple, effective, & fun. Instruction will stress correct stroke mechanics as well as rallying skills. Time will also be devoted to playing points and basic strategy. Sneakers and racquets are required. Tues - Fri. 2/19 - 2/22. Takes place at Davis gym. Min/4/Max8. All levels welcome.

Ages 4-6 : 9:00 - 10:00 or 10:10 - 11:10

Fee: \$80

Ages 7-9 : 11:20 - 12:30 or 12:40 - 1:50

Fee: \$91

DAVIS EARLY RELEASE PROGRAMS

WEDNESDAY ART w/ Penny Leslie

Join Penny for this series of art on early dismissal days this Winter! Sign up for as many classes as you would like. Winter

themed projects will use a variety of art materials to complete

both two and three dimensional arts and crafts projects including clay sculpture and painting. This series of after school art classes is designed to be both fun and instructive. It is an opportunity to learn new techniques and disciplines in a small group setting with other children that have similar enthusiasm for art.

1/2,1/9,1/23,1/30,and 2/6 in Davis Cafeteria 1:50 - 3:20. Please pack a snack. Min:8/Max 15

Fee: \$20 per class

LANE EARLY RELEASE PROGRAMS

GAMEMAKER WIZARDS w/ CTW 1/9 - 3/6

Participants have fun playing video games, but they have even more fun playing games they make themselves! Students learn the fundamentals of object-oriented programming through video game design while creating their own game. All students work at their own pace, making this a great workshop for both new and more experienced game makers. Don't tell the kids, but while creating the games, they will be learning math, geometry, design, logic, and object-oriented programming. Games can be played at home (MS Windows-only), and software used in class is available for free download (MAC and PC) for those who want to continue working on their games at home. Our non-violence policy is enforced. Wednesdays in Lane Café, 1/9- 3/6. 8 weeks (no class 2/20) 1:25-2:45 PM. (min8/max11)

Fee: \$173

PASTA MAKING w/ Kids Cooking Green

Learn how to make homemade pasta and Ravioli with Kids Cooking Green. Learn how the professionals make and flavor the dough, and how to fill a ravioli! Each child will go home with a box of Ravioli! A great class for beginners or for those kids that have already taken a pasta class and want to take it a step further! Max: 10 Lane Café, 1/16, 1:25 - 3:30

Fee: \$45

BENTO BOX: THE JAPANESE "LUNCH BOX"

w/ Kids Cooking Green

Want to learn more about what a BENTO BOX is and how you can make one of your own? Join Kids Cooking Green's Lori Deliso and Debra Samuels, author of *My Japanese Table*, to learn how children in Japan make a Bento Box that is nutritious, colorful and fun to eat. Each child will go home with a Bento Box to share with the family! Max:12. January 23 1:25-3:00 in the Lane Café.

Fee: \$45

FRUIT CREPES & HOMEMADE WHIPPED CREAM!

w/ Kids Cooking Green

Join the staff of Kids Cooking Green for this fun and delicious class. Participants will learn how to make crepe batter and incorporate a yummy fresh fruit filling. To finalize this project, participants will make fresh whip cream and then they will sit down to devour their creations! Max: 12 kids. 3/27, 1:25-3:30 in the Lane School Café.

Fee: \$45

WEDNESDAY TENNIS w/KA Tennis

See write up on Page 11



Middle School Activity & Social Center
Operated by Bedford Recreation

WHAT IS THE CORNER? It is the place where the fun begins when the school day ends. The Corner is designed just for JGMS students. It's your own space, featuring a fully stocked Game Room with a pool table, foosball, air hockey table and bumper pool. A fully stocked Art & Computer Room, Lounge

with special activities and events, snack machines, snack bar, TV's & games...all for you! The Corner is fully staffed & supervised with Recreation Program staff. Staff will oversee games, leagues, special programs and early release day activities and trips. For more information contact Amy or Nick at the Bedford Recreation Department.

WHERE IS THE CORNER? It is only a short walk from JGMS. The Corner is located in the corner of the building next to the town playground, in The Town Hall complex. Three large rooms for this "L" shaped space.

HOW DO I JOIN THE CORNER? There is no admission fee. Parents must register their child online or at our office. The kids must sign in upon arrival to the Corner. Come check it out!

WHEN MAY I COME TO THE CORNER? Upon school dismissal until 5:30 P.M. Monday – Friday. On Wednesdays we open at 12:45 P.M.

FUN FRIDAYS On the dates below, the corner is open for extended hours from 5:30 P.M. to 7:30 P.M. A variety of games and activities are planned for each night, and sometimes food & snacks are included. Specific details on each event is promoted at the CORNER prior to each event date.

December 14, 2012 - Holiday party night!

January 11, 2013

January 25, 2013

February 8, 2013

March 1, 2013

March 15, 2013

March 29, 2013

CORNER EVENTS

WEEKLY TOURNAMENTS: We have a scheduled game tournament each week. Points will be given out for the top place winners each week. Earn points just by participating in each event. Prizes will be given out to the top point winners for the fall session. Check out the schedule of tournaments on the tournament bulletin board at The CORNER!

BUILD YOUR OWN! Join us for this series of BUILD YOUR OWN where we create food works of art and then eat them! Programs run throughout the winter. Some of the projects scheduled for Build Your Own are cupcake decorating, sundaes, sandwiches, pizza design, gingerbread houses, smoothies and much more. Come build & eat with us! Dates of each project TBA.

NFL PICK-EM: Try to guess each week's NFL game winners. An award will be given out to the person who correctly picks the most winners each week. Grand prizes given out for the top 3 correct picks for the year. Make sure to turn your sheet in on each Wednesday.

ARTS & CRAFTS: A wide variety of projects and craft activities are run weekly!

INSTRUCTIONAL COURSES W/ DEBBIE LAFLAMME
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Monday & Wednesday classes:

Age 11– 17: 5:50—6:40 PM

Saturday Class: ALL AGES: 11:00 - 11:40 AM

INTO GREAT BEGINNINGS (GR. 6-8) w/ Kamate Fitness Supported by Dr. David Geller of Patriot Pediatrics

This kid-focused workout program is designed to improve participants' self-esteem, mood and overall health. Youth Exercise Specialists, certified through the National Academy of Sports Medicine, will lead participants through a fun, safe, researched based training program that can improve strength, gross motor skills, bone density, stability, endurance, speed, agility, self-confidence, body image, and psychological well-being while developing a healthy attitude toward exercise. Instructors foster a light hearted, non-competitive, peer-inclusive atmosphere utilizing light weights and body resistance in this fun circuit training program designed just for kids. Parents receive regular fit tips throughout the program that can help in setting fitness goals with their children. Program runs 1/7 - 2/13 (no class 1/21) in the JGMS café: Mon.2:30 - 3:30 and Wed. at 1:00 - 2:00,Max 8

Fee: \$180

High School Programs located on Page 9 of the brochure!

BEDFORD RECREATION FALL/ADULT PROGRAM REGISTRATION FORM

Recreation Fax #: (781) 687-6156

Participant: _____ Sex: M/F Home Phone: (____) _____
Address: _____ D.O.B.: _____ Work Phone: _____
E-mail Address(es): _____ e news enrollment: YES NO
Emergency Name & #: _____
Special Needs/Concerns: _____

If participant is under age 18, please complete this section. Grade Fall 2012: _____ Age _____
Parent 1 Work #: _____ Parent 2 Work #: _____
Parent 1 Cell #: _____ Parent 2 Cell #: _____
Parent Coach/Chaperone? YES NO Soccer Shirt#?: _____

Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____

CAN YOU HELP WITH A CONTRIBUTION TO THE NEIGHBORS HELPING NEIGHBORS FUND: \$ _____

CASH _____ CHECK _____ MC OR VISA #: _____ EXP. DATE: _____

I, do hereby consent to my minor child(ren)'s/my own participation in the program(s) into which I am enrolling, run by the Bedford Recreation Department, and do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents from any and all actions, causes of action, and claims, including, but not limited to negligence, on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage occurring while participating in any part of the program(s), wherever it occurs, which my minor child(ren)/I may now or hereafter have and as the parent of said minor(s), also any and all claims, actions, causes of actions, including, but not limited to negligence which said minor has or hereafter may acquire, either before he/she or after he/she has reached his/her majority resulting from his/her participation in the Town of Bedford Recreation Department's program.

Date: _____ Signature: _____ (parental if participant is under 18 years old)

BEDFORD RECREATION FALL/ADULT PROGRAM REGISTRATION FORM

Recreation Fax #: (781) 687 - 6156

Participant: _____ Sex: M/F Home Phone: (____) _____
Address: _____ D.O.B.: _____ Work Phone: _____
E-mail Address(es): _____ e news enrollment: YES NO
Emergency Name & #: _____
Special Needs/Concerns: _____

If participant is under age 18, please complete this section. Grade Fall 2012: _____ Age _____
Parent 1 Work #: _____ Parent 2 Work #: _____
Parent 1 Cell #: _____ Parent 2 Cell #: _____
Parent Coach/Chaperone? YES NO Soccer Shirt#?: _____

Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____

CAN YOU HELP WITH A CONTRIBUTION TO THE NEIGHBORS HELPING NEIGHBORS FUND \$ _____

CASH _____ CHECK _____ MC OR VISA #: _____ EXP. DATE: _____

I, do hereby consent to my minor child(ren)'s/my own participation in the program(s) into which I am enrolling, run by the Bedford Recreation Department, and do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents from any and all actions, causes of action, and claims, including, but not limited to negligence, on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage occurring while participating in any part of the program(s), wherever it occurs, which my minor child(ren)/I may now or hereafter have and as the parent of said minor(s), also any and all claims, actions, causes of actions, including, but not limited to negligence which said minor has or hereafter may acquire, either before he/she or after he/she has reached his/her majority resulting from his/her participation in the Town of Bedford Recreation Department's program.

Date: _____ Signature: _____ (parental if participant is under 18 years old)

**BEDFORD RECREATION DEPARTMENT
12 MUDGE WAY
BEDFORD MA 01730-2165**

Standard Mail
Postage Paid
Permit 42
Bedford MA 01730

**RESIDENTIAL
POSTAL CUSTOMER
BEDFORD MA 01730**

RECREATION DEPARTMENT

AMY HAMILTON, RECREATION DIRECTOR
NICK CACCIOLFI, ASSIST. RECREATION DIRECTOR
RAEANN GEMBIS, ADULT COORDINATOR
NANCY CORMIER, KIDS' CLUB DIRECTOR
JANET HUMPHREY, ADMINISTRATIVE ASST.
LESLIE RINGUETTE, CLERK
KATHERINE FARRELL, KIDS' CLUB ADMN. ASS'T

RECREATION COMMISSION

RONALD RICHTER, CHAIRMAN
CAROLINE FEDELE
TOM MULLIGAN
MIKE O'SHAUGHNESSEY
ROBIN STEELE



